



# Greek Orthodox Church of the Assumption

## Office Hours

Mon.-Fri.: 10:00 a.m.-4:00 p.m.

## Phone

631-473-0894

## Fax

631-928-5131

## EMAIL

[goc.assumption@gmail.com](mailto:goc.assumption@gmail.com)

## WEBSITE

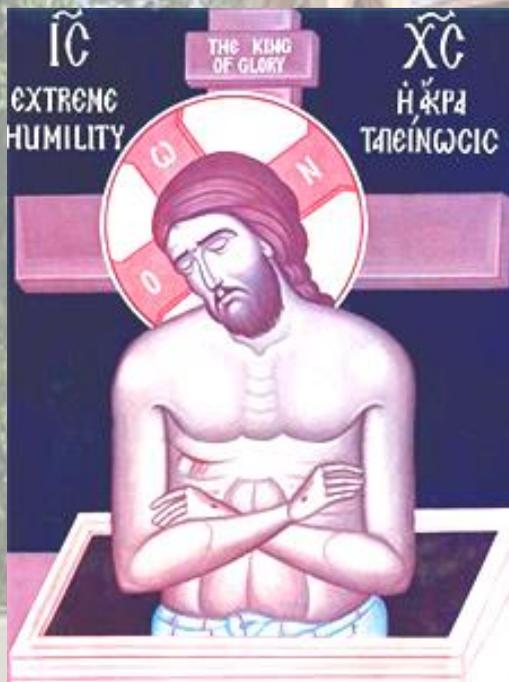
[www.kimisis.org](http://www.kimisis.org)

## WELCOME TO OUR COMMUNITY

We are blessed by God that you have chosen to worship with us today. Whether you are a member of our spiritual family, or just visiting, it is our hope that your time here will bring you many blessings from God.

### ΚΑΛΩΣ ΗΡΘΑΤΕ ΣΤΗΝ ΚΟΙΝΟΤΗΤΑ ΜΑΣ

Είμαστε ευλογημένοι από τον Θεό που επιλέξατε να προσκυνήσετε μαζί μας σήμερα. Είτε είστε μέλος της πνευματικής μας οικογένειας είτε απλά επισκέπτεστε, ελπίζουμε ότι ο χρόνος σας εδώ θα σας φέρει πολλές ευλογίες από τον Θεό.



### The Lenten Prayer of St. Ephraim The Syrian

O Lord and Master of my life.

Take from me the spirit of sloth, faint-heartedness,  
lust of power, and idle talk.

But give rather the spirit of chastity, humility, patience,  
and love to thy servant.

Yea, Lord and King!

Grant me to see my own errors and not to judge my brother,  
for Thou art blessed unto ages of ages, Amen.

### Η Προσευχή Του Αγίου Εφραίμ

Κύριε καὶ Δέσποτα τῆς ζωῆς μου πνεῦμα ἀργίας  
περιεργείας, φιλαρχίας, καὶ ἀργολογίας μὴ μοι δῶς

Πνεῦμα δὲ σωφροσύνης, ταπεινοφροσύνης, ὑπομονῆς  
καὶ ἀγάπης χάρισαί μοι τῷ Σῶ δούλω.

Ναί, Κύριε Βασιλεῦ, δώρησαί μοι τοῦ ὄραν τὰ ἑμα πταίσματα  
καὶ μὴ κατακρίνειν τὸν ἀδελφόν μου, ὅτι εὐλογητός  
εἶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν

**March 8, 2026**  
**St. Gregory Palamas**  
**Κυριακή Β' Νηστειῶν**

*\*The deadline to submit an item for the Church bulletin is each Thursday at 3pm. Only Parish-related items please.\**

**Greek Orthodox Church of the Assumption**  
430 Sheep Pasture Rd., Port Jefferson, NY 11777

REV. ECONOMOS ELIAS (LOU) NICHOLAS - PROESTAMENOS  
CELL#: 631-703-5795 + EMAIL: FRLouisNicholas@Gmail.com

**PARISH COUNCIL OFFICERS**

George Voulgarakis ~ *President*  
Pano Kabanakis ~ *1st Vice President*  
Bobby Batuyios ~ *2nd Vice President*  
Saranto Calamas ~ *1st Treasurer*  
Dr. Monica Apostol ~ *2nd Treasurer*  
Audra Katsamanis ~ *Recording Secretary*  
Stamatina Boulrier ~ *Corresponding Secretary*



**PARISH COUNCIL MEMBERS**

Michael Capous, Dr. John Damaskos,  
Stavros Karakatsanis, Costa Katsapis, Ted Mattas,  
Geracimo Moraitis, Kristina Papadopoulos,  
George Portelos, Yianna Tassiopoulos,  
Laura Tsunis, Loui Tsunis

**CHURCH STAFF**

Amy Vinieris - Church Secretary  
Theodore Bacalakis - Psaltis  
Peggy Stilianos - Choir Director

**Upcoming Sacraments**

4/18, 12pm - Baptism - Petkanas  
4/18, 4pm - Wedding - Mylonas

**No weddings allowed from 2/23 - 4/12**

**Saints of the Day**

St. Gregory of Palamas. St. Theophylactos.  
Sts. Hermos & Dometios.

**Άγιοι της Ημέρας**

Τοῦ ἐν Ἁγίοις Πατρὸς ἡμῶν Γρηγορίου, Ἀρχιεπισκόπου  
Θεσσαλονίκης, τοῦ Παλαμᾶ.  
Τοῦ Ὁσίου Πατρὸς ἡμῶν Θεοφυλάκτου, Ἐπισκόπου  
Νικομηδείας. Ἐρμού Ἀποστόλου καὶ Δομετίου Ὁσίου.

**Assumption Church**



March 26th

**12:00pm**

**Memorials**

**Μνημόσυνα**

**Pangari Duty - 3/8**

Geracimo Moraitis  
Ted Mattas  
Stavros Karakatsanis  
Stamatina Boulrier  
Kristina Papadopoulos  
Panos Kabanakis

**Επίτροποι - 3/8**

Γεράσιμος Μωραΐτης  
Θεόδωρος Μάττας  
Σταύρος Καρακατσάνης  
Σταματίνα Μπουλιέ  
Χριστίνα Παπαδοπούλου  
Πάνος Καμπανάκης

**Pangari Duty - 3/15**

Bobby Batuyios  
Saranto Calamas  
Mike Capous  
Audra Katsamanis  
Costa Katsapis  
Loui Tsunis

**Επίτροποι - 3/15**

Μπάμπης Μπατούγιος  
Σαράντος Καλαμάς  
Μιχαήλ Κείπους  
Κώστα Κατσάκης  
Λούι Τσουνής

## Εισοδικά

### Ἀπολυτίκιον Ἀναστάσιμον

Ἀγγελικαὶ Δυνάμεις ἐπὶ τὸ μνήμᾳ σου,  
καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν· καὶ  
ἴστατο Μαρία ἐν τῷ τάφῳ ζητοῦσα τὸ  
ἄχραντόν σου σῶμα. Ἐσκύλευσας τὸν  
Ἄδην, μὴ πειρασθεὶς ὑπ' αὐτοῦ·  
ὑπήντησας τῇ Παρθένῳ, δωρούμενος  
τὴν ζωὴν. Ὁ ἀναστάς ἐκ τῶν νεκρῶν,  
Κύριε δόξα σοι.

### Τοῦ Ἱεράρχου

Ὁρθοδοξίας ὁ φωστὴρ, Ἐκκλησίας τὸ  
στήριγμα καὶ διδάσκαλε, τῶν μοναστῶν  
ἢ καλλονή, τῶν θεολόγων ὑπέρμαχος  
ἀπροσμάχητος, Γρηγόριε θαυματουργέ,  
Θεσσαλονίκης τὸ καύχημα, κήρυξ τῆς  
χάριτος, ἰκέτευε διὰ παντός, σωθῆναι τὰς  
ψυχὰς ἡμῶν.

### Τοῦ Ναοῦ

Ἐν τῇ Γεννήσει, τὴν παρθενίαν ἐφύλαξας.  
Ἐν τῇ Κοιμήσει, τὸν κόσμον οὐ κατέλι-  
πες Θεοτόκε. Μετέστης πρὸς τὴν ζωὴν,  
Μήτηρ ὑπάρχουσα τῆς ζωῆς, καὶ ταῖς  
πρεσβείαις ταῖς σαῖς λυτρουμένη, ἐκ  
θανάτου τὰς ψυχὰς ἡμῶν

### Κοντάκιον

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια,  
Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαρι-  
στήρια, Ἀναγράφω σοι ἡ Πόλις σου Θε-  
οτόκε. Ἄλλ' ὡς ἔχουσα τὸ κράτος  
ἀπροσμάχητον, Ἐκ παντοίων με κιν-  
δύνων ἐλευθέρωσον, Ἵνα κράζω σοι·  
Χαῖρε νύμφη ἀνύμφευτε.

## Entrance Hymns

### Resurrectional Apolytikion

When the angelic powers appeared at Your  
tomb, \* the soldiers guarding it feared and  
became as dead. \* And standing by the  
sepulcher was Mary, who was seeking Your  
immaculate body. \* Unassailed by Hades,  
You divested it of spoils. \* Then You met  
the Virgin. You granted life. \* O Lord, ris-  
en from the dead, glory to You!

### For the Hierarch

Beacon of Orthodox belief, the strong  
support of the Church and her teacher in-  
spired by God, you are the ornament of  
monks, the unassailable champion of the-  
ologians, O Gregory the Wonder-worker  
and the boast of Thessalonica, the mes-  
senger of grace. Forever earnestly entreat  
for the salvation of our souls.

### Apolytikion of the Parish

In birth, you preserved your virginity; in  
death, you did not abandon the world, O  
Theotokos. As mother of life, you depart-  
ed to the source of life, delivering our  
souls from death by your intercessions.

### Kontakion

O Champion General, I your City now in-  
scribe to you Triumphant anthems as the  
tokens of my gratitude, Being rescued  
from the terrors, O Theotokos. Inasmuch  
as you have power unassailable, From all  
kinds of perils free me, so that unto you I  
may cry aloud: Rejoice, O unwedded  
Bride.

## Ο ΑΠΟΣΤΟΛΟΣ

Εβρ. 1:10 – 14, 2:1 – 3

Κατ' ἀρχὰς σύ, Κύριε, τὴν γῆν  
ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν  
σου εἰσιν οἱ οὐρανοί· αὐτοὶ  
ἀπολοῦνται, σὺ δὲ διαμένεις· καὶ  
πάντες ὡς ἱμάτιον παλαιωθήσονται,  
καὶ ὡσεὶ περιβόλαιον ἐλίξεις αὐτούς,  
καὶ ἀλλαγῆσονται· σὺ δὲ ὁ αὐτὸς εἶ,  
καὶ τὰ ἔτη σου οὐκ ἐκλείψουσι. πρὸς  
τίνα δὲ τῶν ἀγγέλων εἴρηκέ ποτε  
κάθου ἐκ δεξιῶν μου ἕως ἂν θῶ τοὺς  
ἐχθρούς σου ὑποπόδιον τῶν ποδῶν  
σου; οὐχὶ πάντες εἰσὶ λειτουργικὰ  
πνεύματα εἰς διακονίαν  
ἀποστελλόμενα διὰ τοὺς μέλλοντας  
κληρονομεῖν σωτηρίαν; Διὰ τοῦτο  
δεῖ περισσοτέρως ἡμᾶς προσέχειν  
τοῖς ἀκουσθεῖσι, μή ποτε παραρ-  
ρουῶμεν. Εἰ γὰρ ὁ δι' ἀγγέλων λαλη-  
θεὶς λόγος ἐγένετο βέβαιος, καὶ  
πᾶσα παράβασις καὶ παρακοή  
ἔλαβεν ἔνδικον μισθαποδοσίαν, πῶς  
ἡμεῖς ἐκφευξόμεθα τηλικαύτης  
ἀμελήσαντες σωτηρίας; ἥτις ἀρχὴν  
λαβοῦσα λαλεῖσθαι διὰ τοῦ Κυρίου,  
ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς  
ἐβεβαιώθη.

## THE EPISTLE

Heb. 1:10 – 14; 2:1 – 3

“In the beginning, Lord, you  
founded the earth, and the heavens  
are the work of your hands; they  
will perish, but you remain; they  
will all wear out like clothing; like a  
cloak you will roll them up, and like  
clothing they will be changed. But  
you are the same, and your years  
will never end.” But to what angel  
has he ever said, “Sit at my right  
hand until I make your enemies a  
footstool for your feet”? Are they  
not all ministering spirits sent forth  
to serve, for the sake of those who  
are to obtain salvation? Therefore  
we must pay closer attention to  
what we have heard, lest we drift  
away from it. For if the message  
declared by angels was valid and  
every transgression or disobedience  
received a just retribution, how  
shall we escape if we neglect such a  
great salvation? It was declared at  
first by the Lord, and it was attested  
to us by those who heard him.

## ΤΟ ΕΥΑΓΓΕΛΙΟΝ

### Μάρκ. 2:1 – 12

Τῷ καιρῷ ἐκεῖνῳ, εἰσῆλθε ὁ Ἰησοῦς εἰς Καπερναοὺμ δι' ἡμερῶν καὶ ἠκούσθη ὅτι εἰς οἶκόν ἐστι. καὶ εὐθέως συνήχθησαν πολλοί, ὥστε μηκέτι χωρεῖν μηδὲ τὰ πρὸς τὴν θύραν· καὶ ἐλάλει αὐτοῖς τὸν λόγον. καὶ ἔρχονται πρὸς αὐτὸν παραλυτικὸν φέροντες, αἰρόμενοι ὑπὸ τεσσάρων· καὶ μὴ δυνάμενοι προσεγγίσει αὐτῷ διὰ τὸν ὄχλον, ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἐξορύξαντες χαλῶσι τὸν κράβαττον, ἐφ' ᾧ ὁ παραλυτικὸς κατέκειτο. ἰδὼν δὲ ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ· τέκνον, ἀφέωνταί σοι αἱ ἁμαρτίαι σου. ἦσαν δὲ τινες τῶν γραμματέων ἐκεῖ καθήμενοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν· τί οὗτος οὕτω λαλεῖ βλασφημίας; τίς δύναται ἀφιέναι ἁμαρτίας εἰ μὴ εἷς ὁ Θεός; καὶ εὐθέως ἐπιγνοὺς ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὅτι οὕτως αὐτοὶ διαλογίζονται ἐν ἑαυτοῖς, εἶπεν αὐτοῖς· τί ταῦτα διαλογίζεσθε ἐν ταῖς καρδίαις ὑμῶν; τί ἐστιν εὐνοιώτερον, εἰπεῖν τῷ παραλυτικῷ, ἀφέωνταί σοι αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἀφιέναι ἐπὶ τῆς γῆς ἁμαρτίας — λέγει τῷ παραλυτικῷ· σοὶ λέγω, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ ὕπαγε εἰς τὸν οἶκόν σου. καὶ ἠγέρθη εὐθέως, καὶ ἄρας τὸν κράβαττον ἐξῆλθεν ἐναντίον πάντων, ὥστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν Θεὸν λέγοντας ὅτι οὐδέποτε οὕτως εἶδομεν.

## THE GOSPEL

### Mk. 2:1 – 12

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, “My son, your sins are forgiven.” Now some of the scribes were sitting there, questioning in their hearts, “Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?” And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, “Why do you question thus in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins” — he said to the paralytic — “I say to you, rise, take up your pallet and go home.” And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, “We never saw anything like this!”

## Stewardship List as of March 8, 2026

Miss Florence Adamis  
 Miss Irene Adamis  
 Mr. & Mrs. Gregory & Sophie Alexiades  
 Mr. & Mrs. Steven & Julia Anaxagorou  
 Mr. & Dr. Cristian & Monica Apostol  
 Mr. & Mrs. Nikolaos & Maria Aroniadis  
 Erica and Sophia Benzing  
 Mr. & Mrs. Saranto & Phillipa Calamas  
 Fr. Demetrios Calogredes  
 Mr. Steven Calogredes  
 Mrs. Janis Christ  
 Ms. Irene Christodlous  
 Miss Irene Contogianes  
 Mr. & Mrs. Anthony & Niki Couliianidis  
 Mr. & Mrs. Pelops & Marilyn Damianos  
 Mr. & Mrs. Sal & Elaine DelGigante  
 Mr. & Mrs. Socrates & Marina Demertzis  
 Mrs. Violet Dimeck  
 Mr. & Mrs. Dean & Asimina Fournaris  
 Mr. & Mrs. James & Jennifer Foy  
 Mr. & Mrs. Howard & Peggy Frampton  
 Mr. & Mrs. John & Anna Giannisis  
 Mr. John Hanges  
 Mr. & Mrs. Stavros & Evangelia Karakatsanis  
 Miss Vicki & Miss Kathryn Katsaros  
 Mr. & Mrs. Nick and Eleni Katsifarakis  
 Mr. & Mrs. Konstantino & Eleni Katsis  
 Mr. & Mrs. John & Maria Kokinakis  
 Mr. & Mrs. George & Donna Marie Konomos  
 Mr. & Mrs. Michael & Irini Kontonicolas  
 Mr. Emanuel Kostakos  
 Mr. & Mrs. Kyle & Christina Lubrano-Feldman  
 Mr. Demetre Lyras  
 Mr. & Mrs. Greg & Anastasia Lyras-Kelly  
 Mr. Nick Marcantonatos  
 Mr. & Mrs. Theodore & Athena Mattas  
 Ms. Maria Moschouris  
 Mr. Michael Moschouris  
 Mr. & Mrs. Richard & Sylvia Mouzakes  
 Fr. & Pres. Louis & Tammy Nicholas  
 Mr. & Mrs. Chris & Joanne Pallas  
 Mr. & Mrs. John & Jane Paraskevas  
 Mr. & Mrs. Spiridon & Christina Prakas  
 Mr. & Mrs. Panayotis & Maria Pырpyris  
 Mr. & Mrs. John & Paraskevi Rontiris  
 The Savoca-Verrios Family  
 Mr. & Mrs. Michael & Linda Selvaggio  
 Mr. & Mrs. Napoleon & Sophia Smatatos  
 Mr. & Mrs. Frank & Maria Szaty  
 Mr. Louis Tsunis  
 Mr. & Mrs. Chris & Nancy Varthalamis  
 Mr. & Mrs. George & Antonia Voulgarakis  
 Miss Kimberly Winton  
 Mrs. Stella Zachary  
 Mr. & Mrs. Charalampos & Polikseni Zervos



*"How good and pleasant it is when God's people live together in unity!" Psalm 133:1*

# COME JOIN US!



## STEWARDSHIP MINISTRY



### Stewardship Dec. 31, 2025

220 Stewards  
 \$40.36/Month - Average  
 Collected- \$106,574

### Stewardship February 15, 2026

55 Stewards  
 \$43.94 Month - Average  
 Pledged- \$29,000

### 2026 Stewardship Goal

300 Stewards  
 \$50/Month - Average  
 Total Pledged - \$180,000

# OUR JOURNEY TO PASCHA GREAT LENT



## Sundays in Great Lent



St. Gregory Palamas  
Sunday, March 8th  
Orthros - 9am  
Divine Liturgy - 10am

Learn the Jesus Prayer  
O Lord, Jesus Christ,  
have mercy on me, a  
sinner.



Holy Cross  
Sunday, March 15th  
Orthros - 9am  
Divine Liturgy - 10am

Cross Blessing  
Bring your cross to  
church to have it  
blessed.



Sunday of the Ladder  
Sunday, March 22nd  
Orthros - 9am  
Divine Liturgy - 10am

Practice Fasting  
If you haven't begun  
fasting, it's not too late  
to start.



St. Mary of Egypt  
Sunday, April 29th  
Orthros - 9am  
Divine Liturgy - 10am

Practice Humility  
To be humble means to  
be silent & obedient.



Palm Sunday  
Sunday, April 5th  
Orthros - 9am  
Divine Liturgy - 10am

Holy Week Begins  
Continue your prayer  
and fasting to prepare  
for Easter.

## Weekday Lenten Services

Salutations

Friday, March 13th - 6pm  
+ + +

Small Compline

Monday, March 16th - 6pm  
+ + +

Pre-Sanctified Liturgy

Wednesday, March 18th -  
6pm

+ + +

4th Salutations

Friday, March 20th - 6pm  
+ + +

Small Compline

Monday, March 23rd - 6pm  
+ + +

Annunciation

Wednesday, March 25th -  
9am

+ + +

Pre-Sanctified Liturgy

Wednesday, April 25th - 6pm  
+ + +

Akathist Hymn

Friday, April 4th - 6pm

### HOLY WEDNESDAY READERS

Fr. Lou is looking for young people ages 12 - 18 to read during the Holy Unction Service. They can read in Greek or in English. Seven readers are needed for the afternoon service which will begin at 3pm.

Please call the Church office. 631-473-0894

### MYROFORES

The Myrofores will be participating in the church services on Palm Sunday and Good Friday evening. This year, as in the past, we would like to have girls from 2nd grade to 6th grade be Myrofores.

Please contact Jean Xikis at: 631-732-7976

### AGAPE SERVICE READERS

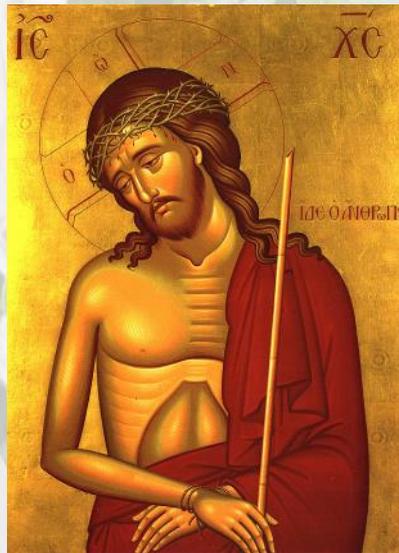
One of the most beautiful traditions of our Church takes place on Easter Sunday morning at the Agape Vespers. It is the only service in the Church where the laypeople can read the Gospel of the Day, which is read in several different languages.

If you would like to be a reader for that day, please contact Fr. Lou.

# LENT & HOLY WEEK FLOWER DONATIONS

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During the season of Great Lent, it is a tradition to decorate the iconography of the Church with flowers. If you would like to make a donation to decorate an Icon, please call the Church office at 631-473-0894.



## ICON LIST

Salutations Icon (5)-\$150 Each	Saturday of Lazarus - \$100	Large Wreath - \$250
St. Gregory Palamas - \$100	Palm Sunday (2) - \$100 Each	Small Wreath (2) - \$125 Each
Holy Cross Icon - \$100	Nymphios - \$125	Epitaphios Icon - \$100
Daffodils - \$200	St. Kassiani - \$100	Myrofores - \$100
St. John Climacus - \$100	Last Supper - \$100	Resurrection Icon - \$150
St. Mary of Egypt - \$100	Crucifixion Icon - \$100	Palms (4 bales) - \$200
The Annunciation - \$125	Apokathelosis Icon - \$100	

# INTERNATIONAL WOMEN'S DAY

## Ladies Philoptochos Society Invitation



### YOU ARE INVITED

Join us this Sunday March 8  
following the scheduled Lenten event  
Approximately 12:30 PM  
Church Hall

#### FOR A MEMBERSHIP DRIVE AND OUR MONTHLY MEETING

Celebrate International Women's Day with us and discover the joy of serving through the Ladies Philoptochos Society.

Help us prepare for our Easter festivities and support many wonderful charitable causes throughout the year.

- ✦ Share your talents
- ✦ Offer your ideas
- ✦ Lend a helping hand
- ✦ Build meaningful friendships

All women of the parish are warmly welcome.

✦ Serving with Faith • Love • Fellowship ✦



# Easter bread

## TSOUREKIA SALE

*Traditional Greek Sweet Easter Bread*



Place your orders until Sunday, March 15

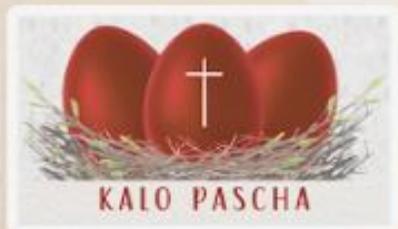


Place your order during  
coffee hour or  
online by using QR Code

Payment options:

Cash, Check or Venmo:

@GOCALADIESPHILOPTOCHOS-  
SOCIETY



Pick up:  
Palm Sunday -April 5

# Lenten Collection for Women's Shelter

From Sunday of Orthodoxy 3/1 to Palm Sunday 4/5

## NEEDED ITEMS

- Baby wipes
- Underwear, bras, socks
- Razors
- Deodorant
- Crib sheets
- Diapers (size 4-6 at this time)
- Towels
- Bedding (twin size)
- New toddler clothing (ages 2 and up)
- Bottles/sippy cups
- Baby nail clippers
- Baby brushes
- Baby silverware
- Feminine products
- Laundry detergent
- Paper supplies
- Dish soap and cleaning supplies
- New and gently used junior clothing

## ALWAYS ACCEPTED

- Food Items
- New junior clothing especially socks, undies, bras

## CANNOT ACCEPT

- Used plush toys
- Most used toys
- Used women's clothing

organized by

**THE LADIES PHILOPTOCHOS SOCIETY**

*During Lent, we embrace the spirit of giving – sharing not just our possessions, but our hope, strength, and compassion with those rebuilding their lives*

## HOW TO DONATE

Purchase any of these items and drop off in our **COLLECTION BOX** located in the breezeway of our church

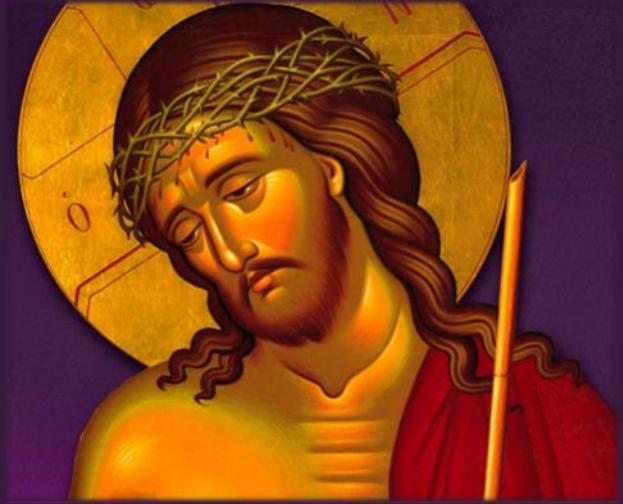
**MONETARY DONATIONS** towards the purchase of needed items are gratefully accepted by check or Venmo: @GOCALADIESPHILOPTOCHOS-SOCIETY

## TO SUPPORT

Mercy Center Ministries, Patchogue NY

[www.mercycenterministries.org](http://www.mercycenterministries.org)

*An Angel of supreme rank was sent down from heaven to say to the Theotokos, Rejoice. (Akathyst Hymn)*



*The Assumption Book Store Presents*

# *"The Akathyst Hymn"*

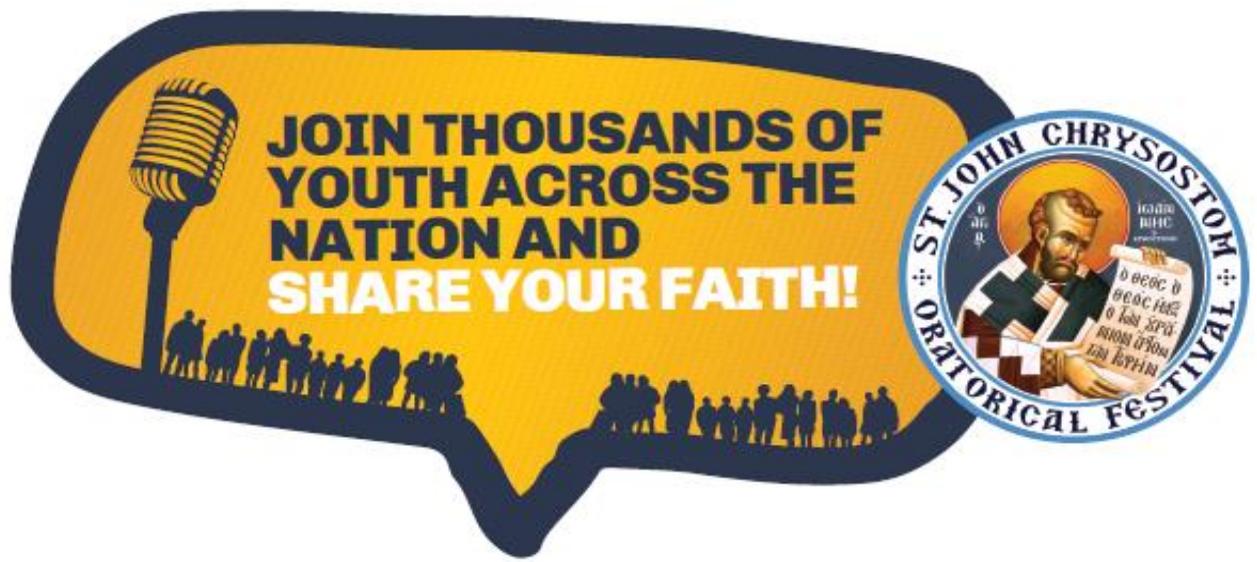
*Sunday, March 8th - During Coffee Hour*



*Light Luncheon & Crafts*

Special Guest Presenter

Rev. Economos Louis Nicholas



# 2026 ST. JOHN CHRYSOSTOM ORATORICAL FESTIVAL

Senior Division (Grades 10-12) • Junior Division (Grades 7-9)

## AWARDS

National finalists are eligible to receive the following:

**St. John Chrysostom Oratorical Festival Scholarship: \$750 to \$3000**

**FAITH: An Endowment for Orthodoxy and Hellenism:** to be announced

Finalists at any level are eligible to receive the following:

**Chrysostom Scholarship to Hellenic College: \$2,500 up to \$30,000 per year**

Parish Festival Date & Time: Friday, March 20th - 7:00pm

Parish Chairperson: Nancy Varthalamis

Contact Information: Fr. Lou: FrLouisNicholas@gmail.com - 631-703-5795

Find the topics, tips, manual & award information at:  
**[www.religioused.goarch.org](http://www.religioused.goarch.org)**

Department of Religious Education (DRE), Greek Orthodox Archdiocese of America



# Blood Drive

***“Be a hero this is Lent!”***

## **Greek Orthodox Church of the Assumption**

*Organized by GOYA*

**Sunday, March 29<sup>th</sup>**

**9:00am – 3:00pm**

**430 Sheep Pasture Road**

**Port Jefferson**

**Appointments preferred**

**call 1-800-933-2566 or visit [www.nybc.org](http://www.nybc.org)**

For any further questions please contact Jennifer 516-310-2382

Medical Questions call 1-800-688-0900

### Prepare to donate



Eat well  
and hydrate



Bring a  
photo ID



Feel good and  
symptom free



Meet minimum  
weight requirements



**Must be 17-75**  
- 16 with parental  
permission form  
- 76+ with written  
physician consent

Visit [nybc.org/eligibility](http://nybc.org/eligibility)  
for complete donation guidelines.



COMPLIMENTARY

# FASOLADA

## Luncheon

SUNDAY, MARCH 29, 2026



Following Divine Liturgy , please join GOYA in the  
Community Center for fellowship and a Lenten  
Fasolada Luncheon

**ALL ARE WELCOME!**

**SAVE THE DATE!**

# Blood Drive

***“Be a hero this is Lent!”***

**Greek Orthodox Church  
of the Assumption**

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**9:00am – 3:00pm**

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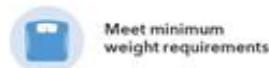
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Medical Questions call 1-800-688-0900

## Prepare to donate



Visit [nybc.org/eligibility](http://nybc.org/eligibility)  
for complete donation guidelines.



THE SUNDAY SCHOOL INVITES YOU TO JOIN US

For our Saturday of  
Lazarus  
**Egg Hunt**

**BREAKFAST - PIÑATA'S  
50/50 RAFFLE  
EASTER LANTERNS FOR SALE AND  
OTHER SPRING ITEMS**

**SATURDAY APRIL 4, 2026**  
**AFTER THE DIVINE LITURGY**  
**IN THE COMMUNITY  
CENTER**

**FOOD DONATIONS ARE WELCOMED**

Any questions please email us at  
[GOCASundayschool@Gmail.com](mailto:GOCASundayschool@Gmail.com)

SAVE THE DATE

# PALM SUNDAY LUNCHEON



*Join us for a Palm Sunday luncheon after the service as we come together in faith and fellowship.*

Sunday, April 5th-12pm

More details to  
follow.

*"LET YOUR LIGHT SHINE BEFORE OTHERS." MATTHEW 5:16*



***SUPPORT THE PJ GREEK SCHOOL  
BY PURCHASING YOUR LAMBADES  
FROM OUR GREEK SCHOOL PTO.***

***(PRICE \$25 EACH OR 2 FOR \$40)***

***LOOK FOR OUR DISPLAY ON SUNDAYS  
AFTER CHURCH AND ON TUESDAYS  
DURING GREEK SCHOOL!***

CHURCH OF THE ASSUMPTION

# GOOD FRIDAY YOUTH RETREAT

*"THE EMPTY TOMB: WHY DID CHRIST HAVE TO DIE"*

## 4.10.26

**PRESCHOOL -5<sup>TH</sup> GRADE: 2-3PM**

**6<sup>TH</sup> -12<sup>TH</sup> GRADES: 11-3PM**

*CRAFT/PRAYER/MUSIC/BIBLE*

*JEOPARDY/CHURCH PROJECTS/LIGHT LUNCH*

RETREAT WILL CONCLUDE WITH THE APOKATHELOSIS (UNNAILING) OF THE CROSS  
ALL FAMILIES ARE ENCOURAGED TO STAY FOR THIS MOST SOLEMN AND SACRED SERVICE

PLEASE RSVP WITH CHURCH OFFICE 631-473-0894



**AHEPA Chapter 319  
of Port Jefferson  
Proudly Presents**



# **BINGO NIGHT FUNDRAISER**

Buy-In Donation \$50.00 for entry and initial Bingo Cards.  
Admission Includes Desserts, Coffee, Drinks & Hors D'oeuvres



Event Chairman: Sam Zubalake  
📞 631-793-9587  
📧 @ahepa319  
📧 ahepapj@gmail.com



Reserved seating is recommended along with pre pay.....  
Call for reservations.....Limited to the first 75 players, so register early!

**◇ SATURDAY, APRIL 18TH ◇  
DOORS OPEN 3PM**



**The Greek Church  
430 Sheep Pasture Road,  
Port Jefferson, NY 11777**



SCAN TO PREPAY





# AHEPA CHAPTER 319 of Port Jefferson, NY.



**PROUDLY PRESENTS**

# TEXAS HOLD'EM

## TOURNAMENT • FUNDRAISER

Buy -In Donation: \$150.00 (5,000 Chips)

# SATURDAY, APRIL 18<sup>th</sup>

LOCATION:

## GREEK ORTHODOX CHURCH

430 SHEEP PASTURE ROAD, PORT JEFFERSON, NY. 11777

VISIT OUR WEBSITE: [AHEPA319.ORG](http://AHEPA319.ORG) | CONTACT: 631-793-9587

### Unlimited \$100 Re-Buy

5,000 Chips for 1<sup>st</sup> Hour and is allowed only when a player falls below 1,000 chips at the table. A one-time add-on will be available at the One-Hour mark.

Food and  
Drinks Served.  
Registration: 6PM  
Tournament  
Starts: 7PM

### PRE-PAY METHODS:

Mail your check to:  
AHEPA Chapter 319  
430 Sheep Pasture Rd.  
Port Jefferson, NY. 11777  
Venmo: @Ahepapj 319  
Zelle: [ahpapj@gmail.com](mailto:ahpapj@gmail.com)  
Scan QR Code above

Limited to  
50 players, so  
pre-pay to  
guarantee a  
seat!

**BONUS!**  
Pre-pay by  
April 10, 2026  
get an extra  
2,000 chips!



# AHEPA Port Jefferson Chapter 319's **BOBBY GEMELAS SCHOLARSHIP**

## **ESSAY THEME:**

*“Immigrant stories from Greece or Cyprus: Adapting to Life in America”*

*Interview Greek immigrants or first-generation Greek Americans and document their journey to the United States!*

**\$1,000 SCHOLARSHIPS FOR 3 WINNERS!**

- ★ *SBU Hellenic Studies Student*
- ★ *GOCA College Student*
- ★ *GOCA High School Student*

**WHEN:** Sunday, May 10, 2026 • 11:00 AM

**WHERE:** Greek Orthodox Church of the Assumption,  
430 Sheep Pasture Rd, Port Jefferson, NY



## **HOW TO APPLY:**

### **FOR SBU STUDENTS:**

*Contact Your Faculty*

### **FOR GOCA STUDENTS:**

- ◆ *Contact: John Hanges*
- ◆ **631-774-8165**
- ◆ [AhepaPJ@gmail.com](mailto:AhepaPJ@gmail.com)

## **OUR SPONSORS**

*SPONSORS: If you would like to be a sponsor or make a donation, please contact John Hanges at 631-774-8165 or [ahepaPJ@gmail.com](mailto:ahepaPJ@gmail.com)*

# March 2026

**SUN**

**MON**

**TUES**

**WED**

**THU**

**FRI**

**SAT**

8 St. Gregory Palamas Orthros 9am Divine Liturgy 10am Little Angels 10am Sunday School 10am Book Store Lenten Lecture 12pm GOYA Volleyball 1pm	9 Men's Basketball 8pm	10 Greek School 5pm Parish Council Meeting 7pm	11 Pre-Sanctified Liturgy 6pm GOYA 7pm	12 Golden Age Group 12pm  Badminton 7pm	13 Salutations 6pm	14
15 Holy Cross Orthros 9am Divine Liturgy 10am Little Angels 10am Sunday School 10am Book Store 12pm GOYA Volleyball 1pm	16 Small Compline 6pm  Men's Basketball 8pm	17 Greek School 5pm	18 Pre-Sanctified Liturgy 6pm GOYA 7pm	19  Badminton 7pm	20 Salutations 6pm	21
22 St. John Climacus Orthros 9am Divine Liturgy 10am Little Angels 10am Sunday School 10am Book Store 12pm GOYA Volleyball 1pm	23 Small Compline 6pm  Men's Basketball 8pm	24 Greek School 5pm	25 Annunciation Orthros 9am Divine Liturgy 10am  Pre-Sanctified Liturgy 6pm GOYA 7pm	26 Golden Age Group 12pm  Badminton 7pm	27 Akathyst Hymn 6pm	28
29 St. Mary of Egypt Orthros 9am Divine Liturgy 10am Little Angels 10am Sunday School 10am Book Store 12pm GOYA Volleyball 1pm	30 Men's Basketball 8pm	31 Greek School 5pm	1 GOYA 7pm	2 Badminton 7pm	3	4 Saturday of Lazarus Orthros 9am Divine Liturgy 10am  Easter Egg Hunt 12pm  Folding of Palms 1pm

**Memorials, Artoclasies, etc.**

Please call the Church office to schedule a memorial service, Artoclasia service, or a Fanouropita blessing.

**Memorial Coffee Hours**

To reserve a coffee hour, please contact our Philoptochos President, Evangelia Karakatsanis at 631-974-3333.

**Church Appointments**

If you need to plan an event (Baptism, Wedding, etc.), please call the Church office at 631-473-0894.

**Baby Blessings**

If you wish to schedule an 8-day baby naming blessing in your home or a 40-day blessing, please contact the Church office.